WHAT IS CLAIMED IS:

1. An ink jet recording head cartridge having:

a liquid container for retaining a liquid;

a discharge circuit section which comprises a supply port for receiving the liquid in the liquid container, a nozzle in communication with the supply port, and a discharge energy generating element, provided in the nozzle, for discharging the liquid; and

a flow path for leading the liquid from the liquid container to the discharge circuit section;

wherein the flow path comprises a vertical portion extending from a portion connecting to the ink container, and a horizontal portion connecting to a lower end of the vertical portion and connecting to the supply port of the discharge circuit section;

a throttle portion whose width becomes narrower in a supply direction of the liquid is formed in a portion, which connects to the vertical portion, of the horizontal portion of the flow path; and

a groove shaped flow path whose width is narrower than the total width of the flow path is sequentially formed on an inner wall of the flow path from a portion connecting to the liquid container to a portion connecting to the discharge circuit section.

2. The ink jet recording head cartridge

according to claim 1, wherein the throttle portion comprises a set of walls vertical to a surface in which the supply port of the discharge circuit section is provided, and the set of walls is provided so that a distance therebetween becomes gradually smaller from the liquid container toward the discharge circuit section.

3. The ink jet recording head cartridge according to claim 1, wherein an inclined portion, which becomes gradually higher in a direction departing from the discharge circuit section, is provided at a ceiling portion of the horizontal portion of the flow path.

4. The ink jet recording head cartridge according to claim 1, wherein the groove shaped flow path extends through the ceiling portion of the horizontal portion of the flow path.

5. The ink jet recording head cartridge according to claim 1, wherein the groove shaped flow path extends through a bottom surface of the horizontal portion of the flow path.

6. The ink jet recording head cartridge according to claim 1, wherein the supply port extends

over the total width of the discharge circuit section, and a whole area of the supply port is in communication with the flow path.